



Day surgery unit

At the hospital for a day

www.uzleuven.be/dzc – +32 16 34 23 24

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WELCOME TO THE DAY SURGERY UNIT AT UNIVERSITY HOSPITALS LEUVEN

Thanks to innovations in surgery and anaesthesia, more and more procedures can be performed in day surgery. You or your child will soon undergo treatment or surgery at the University Hospitals Leuven day surgery unit. That means that you or your child will be admitted during the course of the day and go home that same day. Going home is only allowed under supervision and if further admission to the hospital is not necessary.

At the day surgery unit, we work as flexibly as possible, to maintain an efficient flow of patients and maximum patient satisfaction. This brochure contains practical information about your day surgery. If you would like additional information, you can always contact our administrative, nursing or medical team.

We wish you a pleasant stay and a speedy recovery.

Questions?

- X The day surgery unit is available for questions from Monday to Friday, 07:00 to 19:00 on +32 16 34 23 24.
- X For more information, please visit www.uzleuven.be/dzc.

ACCESSIBILITY

ADDRESS

University Hospitals Leuven
Gasthuisberg Campus day surgery unit
Herestraat 49
3000 Leuven
Belgium
Tel. +32 16 34 23 24

The day surgery unit can be reached via the hospital's general reception hall. Go to the orange street, gate 6, floor -1.

On <http://www.uzleuven.be/dzc> (click on 'contact en parkeren') you can click on a route description to the Gasthuisberg Campus.

PARKING

- ✗ You may only use the car park at the day surgery unit to pick up a patient (maximum 15 minutes).
- ✗ To park, use the large Gasthuisberg Campus visitor car park.

OPENING HOURS

The day surgery unit is open Monday to Friday from 07:00 to 19:00.

RESPONSIBLE NURSING TEAM

- Martine Roelants, Liesbeth De Meyer and Carine Segers: operating room
- Johan Gaens, preparation, recovery room, day centre

RESPONSIBLE MEDICAL TEAM

- Dr An Teunkens, anaesthesia
- Dr Kristien Vermeulen, anaesthesia
- Prof. Guy Bogaert, surgery

GENERAL AGREEMENTS FOR THE PROCEDURE

ANAESTHESIA

An anaesthetist must perform an examination prior to any procedure or treatment with complete or partial anaesthesia. This happens during the [preoperative anaesthesia consultation](#).

- ✗ You can only visit this anaesthesia consultation by appointment from Monday to Thursday between 08:00 and 18:25 and on Friday between 08:00 and 17:35.
- ✗ You can make an appointment by calling +32 16 34 48 13.

At the consultation, you will receive an explanation about the type of anaesthesia used, the possible side effects and the medication that you must take or may no longer take before the procedure. You will also receive guidelines on not eating or drinking before the operation.

In some cases, completing a preoperative file and returning it to the preoperative consultation will be sufficient. This must be done at least one week before the planned examination or procedure. You can return the preoperative file by post, e-mail or fax:

University Hospitals Leuven Gasthuisberg Campus
Anaesthesia consultation
Herestraat 49
3000 Leuven
Belgium
Email: raadpleging.anesthesie@uzleuven.be
Fax: +32 16 34 48 21

HYGIENE

- ✓ Wash yourself or your child completely the night before or the day of the procedure.
- ✓ It is better **not** to remove hair from the area of the body to be operated on, as this could lead to an unwanted skin infection. The hair will be removed for you at the day surgery unit.
- ✓ Remove make-up, nail polish, artificial nails, jewellery, piercings and contact lenses.

EMPTY STOMACH

You must have an empty stomach for a procedure under general or partial anaesthesia.

For adults, this means:

- No eating or drinking from midnight (00:00) before the procedure.
- No smoking from midnight (00:00) before the procedure.

For children, specific guidelines apply:

- No eating from midnight (00:00) before the procedure.
- Drinking milk is allowed up to 6 hours before admission.
- Breastfeeding is allowed up to 4 hours before admission.
- Drinking water, sugar water and clear apple juice is allowed up to 2 hours before admission.

These agreements allow us flexibility in planning the surgery.

Not having an empty stomach can have serious consequences for your health (such as pneumonia) and can lead to the postponement or cancellation of the procedure.

On the day of the procedure, you may only take the medication that you have been prescribed by the anaesthetist. You can take this with a small amount of water.

WHAT TIME SHOULD YOU ARRIVE?

At the day surgery unit, we want to keep our waiting times as short as possible. To that end, a member of our Planning Department will contact you the day before the procedure to inform you of the correct time of admission. If your procedure is planned for Monday, you will be contacted on Friday.

Unforeseen circumstances may cause changes which mean that you will be operated on earlier or later. Please keep that in mind. That is why it is also very important that we have your **correct telephone and/or mobile number** so that we can reach you at any time.

LATE OR UNABLE TO MAKE IT?

If due to circumstances or illness, you cannot make it on the day of the procedure or if you are delayed, please inform us in good time on +32 16 34 23 24. This to minimise the effect on the surgery planning.

WHAT AND WHO SHOULD YOU BRING WITH YOU?

WHAT SHOULD YOU BRING WITH YOU?

- ID card
- Hospitalisation Insurance card
- All possible forms and certificates that must be filled in
- Your medication from home
- Any allergy card or list
- Comfortable clothes and slippers
- Spare underwear
- Toiletries
- Distraction: book, stuffed animal, music player, tablet, etc. (wireless internet is available)

WHO SHOULD YOU BRING WITH YOU?

- ✓ Let one adult accompany you during your stay. This is to avoid unnecessary crowds and to guarantee the peace of our patients.
- ✓ Both parents or grandparents may accompany a child. Please leave younger brothers, sisters and other children at home. Plan daycare for them for a whole day.

WHAT SHOULD YOU LEAVE AT HOME?

- ✗ Money
- ✗ Valuables

HOW WILL YOUR ADMISSION PROCEED?

REGISTRATION



Please register directly at the reception desk of the day surgery unit at the agreed time.

- Our employees will go through all the administration with you and provide additional information if necessary.
- You will receive an identification bracelet. You should wear this for the entire duration of your admission in the interest of your safety.

Afterwards, you may take a seat in the waiting room. You will be called in by a nurse when it is your turn. You will not be called in in the order of registration.



You are not allowed to eat or drink in the waiting room, out of respect for the patients who are not allowed to eat or drink. Visitors accompanying the patients may visit the cafeteria.

PREPARATION

About half an hour before the procedure, you will be brought from the waiting room to the dressing room by a nurse.

- You will receive an operating gown and cap.
- Personal effects can be stored safely in a cupboard.



From there you will go to the preparation box.

- There the nurse will check your identity, procedure, operation side, empty stomach, blood pressure, heart rate, medication and weight.
- An IV line will be inserted and you will receive a sedative if necessary.
- The surgeon will mark the operation side.
- If you wish, you can ask additional questions about the procedure or the anaesthetic.

When it is your turn, the operating room nurse will come and pick you up.

- Your identity will be checked again for safety reasons.
- At that time, you must say goodbye to the person accompanying you, who will be taken back to the waiting room.
- One parent may accompany the child to the operating room.

IN THE OPERATING ROOM

You will be placed on the operating table by the nurse and the anaesthetist in the operating room. The necessary monitoring equipment will be attached.

Extra oxygen is given through a mask and you will receive the sleep and pain medication through the IV drip. Children are often put under using a mask with anaesthesia vapour to avoid the injection.

The anaesthetist will continue to watch over you during the entire procedure and give you additional medication if necessary. After the operation, you will be awakened and brought to the recovery room.



IN THE RECOVERY ROOM

You will stay here until you are properly awake and any pain and nausea are well under control.

When your child arrives here, one of the parents may stay with him/her. Children are often restless after anaesthesia: the presence of a parent can be reassuring.

If everything is fine, you can go to the day centre.





IN THE DAY CENTRE

You will stay here until you are ready for discharge, first in a separate room and then in a comfortable lounge chair.

- ✗ Your vital signs are monitored and, if necessary, extra medication will be given for pain and nausea.
- ✗ Depending on the procedure, you will receive something to drink and eat.

The time you need to recuperate in the day centre depends on the procedure and varies between one and six hours.

DISCHARGE

After the operation, the surgeon will inform you about the procedure and any important points.

The nurse will give you guidelines for pain relief and wound care at home. Follow these carefully. The nurse will also provide you with the necessary prescriptions, certificates, check-up appointments and a letter for your family doctor.



- X You may leave the hospital with the doctors' permission and when you feel sufficiently recovered.
- X Please note that your family must pick you up before 19:00.
- X Patients can be picked up at the kiss-and-ride zone of the day surgery unit.

GENERAL GUIDELINES AFTER THE OPERATION

- Under no circumstances may you go home alone or take public transportation.
- You must remain under adult supervision for the first 24 hours.
- Driving vehicles is prohibited during the first 24 hours.
- Consuming alcohol is prohibited during the first 24 hours.

The day after your discharge, we will contact you to ask about your further recovery, pain, nausea and wound care. We will try to resolve any problems by telephone or will refer you to the doctor if necessary.

IN CASE OF PROBLEMS AT HOME

- You can contact your GP.
- You can contact the day surgery unit from Monday to Friday from 07:00 to 19:00 (+32 16 34 23 24).
- Outside these hours you can contact University Hospitals Leuven on +32 16 33 22 11. Ask for:
 - ✗ The surgeon on duty in the event of problems with the surgical wound;
 - ✗ The anaesthetist on duty in the event of pain problems or lasting nausea;
- You can visit the University Hospitals Leuven emergency service 24 hours a day.

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Please send comments or suggestions relating to this brochure to communicatie@uzleuven.be.

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